

## News Briefs

### Protests in Trier

Protests are scheduled for Saturday in downtown Trier near the Porta Nigra. Wing members are advised to stay clear of areas with multiple groups and to use situational awareness. Sabers should stay alert for any hostile activity. Report suspicious acts to the 52nd Security Forces Squadron control center at 452-6666 or 06565-61666.

### Surgical room closure

The 52nd Medical Group operating and C-section rooms at the Bitburg Annex hospital are temporarily closed for facility maintenance. Pre-scheduled elective surgeries may be delayed or transferred to local hospitals or the Landstuhl Regional Medical Center. All obstetric patients who go into labor will be referred to the Bitburg Krankenhaus or Trier Mutterhaus. The operating and C-section rooms will reopen in mid-July. Obstetrics patients can call 452-3161 and surgery patients can call 452-3401 for details.

### Changes of command

- ♦ Lt. Col. Russ Quinn will relinquish command of the 52nd Operations Support Squadron to Lt. Col. Scott Bowen Thursday at 3 p.m. in Hangar 3.
- ♦ Lt. Col. John Shields will relinquish command of the 52nd Comptroller Squadron to Maj. George Govan Monday at 10 a.m. in Club Eifel.

### Munitions requests

The munitions storage area will be closed Aug. 8-31 to conduct a 100-percent munitions stockpile inventory. All munitions required for August must be requested no later than July 25. During the inventory, only valid emergency requests approved by applicable group commanders and submitted in accordance with applicable directives will be honored. For details, call Master Sgt. Christopher Howell at 452-6743 or Senior Airman Heather Marshall at 452-6230.

### CPO job listings

USAFE family members looking for employment can now log onto the Air Force Personnel Center Web site for job listings at their current location, as well as listings across the Air Force. Prospective employees will use an automated, Web-based system located at [www.afpc.randolph.af.mil/menu/staticnav-civ.htm](http://www.afpc.randolph.af.mil/menu/staticnav-civ.htm) beginning Sunday. For details, call the civilian personnel office at 452-6080.

### Finance office closure

The 52nd Comptroller Squadron Finance Office will be closed today from 11 a.m. to 1 p.m. for an official function. The finance office will re-open Monday at 1 p.m.

### Dance fever

Learn how to Samba this weekend without leaving Germany!

Read "Bitburg hosts dance troupes at 41st European Folk Festival," on Page 7



# Eifel Times

Vol. 39, Issue 23

Spangdahlem Air Base, Germany

July 8, 2005



Airman 1st Class Kristin Ruleau

### Fourth of July extravaganza

Spangdahlem Air Base Sabers gathered for a fireworks display Monday as part of the finale to the 49th Big Annual Summer Happening. Check out "Sabers enjoy BASHing good time at 2005 fest" on Page 4.

## USAFE receives new vice commander

**RAMSTEIN AIR BASE, Germany** -- Lt. Gen. Robert D. Bishop Jr. assumed the position of U.S. Air Forces in Europe vice commander July 6.

In his new position, General Bishop will conduct and coordinate offensive and defensive air and space operations for U.S. European Command on behalf of the USAFE commander.

The general will also be responsible for providing administrative and logistical support to all Air Force units and activities in USAFE's geographical area of responsibility, which includes Europe and Russia, as well as regions in Africa and the Middle East.

In addition, he will be in charge of Air Force negotiations with foreign and U.S. officials.

The general said he is excited about his new position.

"USAFE's strategic presence and unparalleled readiness are key enablers for our nation," said General Bishop. "As we continue to sustain and execute the Global War on Terrorism, I can't think of a more exciting place to be than here in USAFE."

"I look forward to the opportunity of building lasting relationships with our host-nation friends and allies and working with the courageous men and women of USAFE, as well as any challenges this new position brings," the general added.

And, General Bishop is up to the challenge, said Gen. Robert H. "Doc"

Foglesong, USAFE commander.

"Our efforts today ensure our forces are ready to meet the challenges of the future," said General Foglesong. "General Bishop brings with him the correct strategic vision and focus that's needed to forge ahead as we continue to lead the way for the most respected, all-purpose air and space force in the world."

The general, who is a command pilot

with more than 5,300 flight hours in the C-141, T-41 and C-17, was previously assigned as the assistant deputy chief of staff for Air and Space Operations at Headquarters U.S. Air Force, Pentagon. He has extensive wartime and contingency experience, and with tours at four strategic airlift bases, he also has a vast mobility background.

(Courtesy U.S. Air Forces in Europe News Service)

### Fini flight



Staff Sgt. Shannon Kluge

**RAMSTEIN AIR BASE, Germany** -- Lt. Gen. Arthur J. Lichte, previous USAFE vice commander, receives a proper "hose down" after his fini flight here June 29. The general departed Ramstein AB June 30 for his new assignment as Headquarters U.S. Air Force assistant vice chief of staff.

# RESCON Watch

## BRAVO

1-2 DUIs in the Last 30 Days

**Days since last DUI: 12**

**Rank of last DUI: senior airman**  
**Squadron of last DUI: 52nd CMS**

Large unit with best record: 52nd Communications Squadron, 141 days  
Small units with best record: 52nd Medical Support Squadron,  
52nd Dental Squadron and 52nd Contracting Squadron: No DUIs

Data Courtesy of the 52nd SFS

**When going out, have a plan or call Airmen Against Drunk Driving at 06565-61-2233.**

**Prepare to fight**



**Fight to win**



**Take care of each other**



# Information fair guides Sabers with 'Explore the Eifel'

By Staff Sgt. Jennifer Lindsey  
52nd Fighter Wing Public Affairs Office

For four days in July, Team Eifel members are encouraged to step away from their workplaces and discover the variety of recreational activities the local area offers.

Explore the Eifel is a 52nd Fighter Wing commander-sanctioned event July 18-19 and 21-22, during which Sabers are granted two two-day passes to travel throughout Germany's Eifel region. The event kicks off with an information fair July 15 from 9 a.m. to 4 p.m. in the Club Eifel ballroom.

"Explore the Eifel is a great opportunity for our folks to get out and learn about the paradise we live in here," said Col. Dave Goldfein, 52nd FW commander. "I'm hoping this event will give people the chance to engage in the local area and make the kinds of friendships and connections that make us part of the local community."

Sabers who plan to participate in Explore the Eifel days are required to visit the information fair. Representatives



from nearby villages, cities and tour groups will offer pamphlets, maps and details on nearby events, sightseeing activities and excursions. Outdoor recreation and Information, Tickets and Tours will also share organized group trips.

Many communities surrounding Spangdahlem Air Base and Bitburg Annex look forward to welcoming wing families and have prepared special tours and events showcasing their village's unique traditions and village features, said Bernhard Schaefer, 52nd FW Community Relations Office chief.

For example, Binsfeld, a village located southeast of Spangdahlem AB, prepared a guided road crosses walk, which shares the history and meaning of the ancient roadside markers.

The idea to hold the Explore the Eifel event was inspired by a number of Saber families who have never left the base because they don't know what there is to do in Germany.

Another inspiration was that although some Saber families would love to travel off base when they have a couple of hours of free time, they simply don't know what is available

locally to do, said project manager Col. Jay Neubauer, 52nd Medical Group commander.

"We want to let the folks who haven't yet traveled in Europe to know that exploring outside the base can be safe and fun -- to offer them a small taste of Germany a bit at a time," he said. "Our goal is for our folks to gain knowledge on what they can do in just one or a few hours drive from the base, learn about the local area and people and to simply get away from the base."

Explore the Eifel is the first event of its kind to be held at Spangdahlem AB due to the 52nd FW's high operations tempo. A no-flying week to accommodate flightline construction project provided the wing commander the ideal timing to support the event.

"This event offers a fantastic opportunity to relax after a busy few months of preparing for our recent inspection, and check out the local area," said Colonel Neubauer.

Squadron commanders will share Explore the Eifel travel limits and July 20 unit workday activities with their team members when such details are finalized.

## AF approves wear of Afghanistan, Iraqi campaign medals

**RANDOLPH AIR FORCE BASE, Texas** -- The Air Force has authorized wear of the Afghanistan Campaign Medal and the Iraqi Campaign Medal.

The Department of Defense campaign medals apply to active duty, Reserve and Guard personnel deployed on or after Oct. 24, 2001 for Operation Enduring Freedom and March 19, 2003 for Operation Iraqi Freedom.

Airmen must have been assigned, attached or mobilized to units operating in Afghanistan or Iraq for 30 consecutive days or 60 nonconsecutive days to be eligible. The ACM is awarded for service for all land areas and all airspaces above Afghanistan.

The ICM is for service covering all land areas of Iraq, all adjoining water areas out to 12 nautical miles and all airspaces above those areas.

Service members are not entitled to

more than one campaign and/or expeditionary medal for the same action, achievement, or period of service. In addition, there are no devices for the ACM, ICM, and Global War on Terrorism Medal.

A period of service is defined as an area of deployment, and includes the number of days criteria outlined above. Members begin a second period of service when they forward deploy or return to home station and then redeploy later.

Airmen deployed to Afghanistan or Iraq, who have 30 consecutive or 60 nonconsecutive days, between the eligibility period and April 30, 2005 may elect to wear either the appropriate campaign medal or the GWOT-E medal, but not both.

Those who deployed to Afghanistan or Iraq, who have 30 consecutive or 60 nonconsecutive days, after April 30 can

only earn the respective campaign medal for the area they served in.

The Air Force Personnel Center here will do a mass system update in August to convert GWOT-E medals to ACMs or ICMs, for Airmen now eligible for one of the campaign medals. Airmen who do not want the GWOT-E medal converted should notify their commander's support staff or military personnel flight.

The ACM shall be positioned below the Kosovo Campaign Medal above the ICM, and the ICM shall be positioned below the ACM and above the GWOT medal.

For more information, contact the Spangdahlem Air Base military personnel flight at 452-6553 or 452-6554, or stop by building 131.

(Information courtesy Air Force Print News Service)

Because information is not enough...

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U.S. AIR FORCE

### Change of command



Staff Sgt. John Barton

(Right) Col. Sid Banks accepts the 52nd Mission Support Group guidon from Col. Dave Goldfein, 52nd Fighter Wing commander, during the 52nd MSG change of command Wednesday in Hangar 1. Colonel Banks replaces Col. William Greenough, who will be the deputy civil engineer for Headquarters Pacific Air Forces at Hickam Air Force Base, Hawaii.

## Inattentive driving, hydroplaning, speeding cause four major accidents for Sabers

By David Barker  
52nd Security Forces Squadron

Team Eifel had two driving-under-the-influence incidents two weeks ago; however, Sabers went DUI-free this past holiday weekend. There were also four major and 28 minor wrecks over the past two weeks.

The first DUI occurred on Spangdahlem Air Base, when a civilian from the 52nd Services Squadron was pulled over for speeding. A breath analysis test revealed the driver's blood alcohol content to be .14.

The second DUI was also a major crash. A 52nd Component Maintenance Squadron senior airman crashed a rental car when attempting to make a turn on B-257 near Badem.

The next major crash was near Wittlich. A driver was unable to see another car and broadsided the vehicle. Failure to yield caused this accident, and limited injuries occurred.



The third major crash was in Bitburg. The two-car collision was caused by inattentive driving when one vehicle rear-ended the other.

The fourth major accident was in Arenrath. The driver was traveling too fast for road conditions and hydroplaned, striking a guard rail, flattening two tires and damaging the front end.

Team Eifel members were involved in 28 minor collisions: seven from speeding; five from improper backing; 13 from inattentive driving; one from wildlife and two were caused by others at fault.

### Driver's Facts:

For the most part, accidents are caused by inattentive driving, followed closely by speeding. Spangdahlem AB accidents are statistically caused by people in the rank of airman first class through technical sergeant. The rate is nearly 20 percent for airmen first class and mid-level NCOs, and about 21 percent for senior airmen.





Courtesy photo

## Top Saber Performer

**Name:** Master Sgt. Norma Click  
**Unit:** 52nd Operations Support Squadron  
**Duty title:** Airfield manager  
**Hometown:** Jacksonville, Fla.  
**Years in service:** 19  
**Nominee's contributions to unit mission success:** Sergeant Click is the "mayor of the airfield." Her contagious enthusiasm and dedication to the airfield has won her numerous accolades, including the 2004 52nd Fighter Wing Flight Safety Person of the Year and the U.S. Air Forces in Europe Airfield Management SNCO of the Year. A leader among leaders, she is responsible for supervising all airfield activities and is engaged with many airfield programs

such as snow and ice removal and wildlife management. Most of her time is spent managing numerous airfield construction projects, most notably the \$185 million Rhein-Main Transition Program. She is a key member who coordinates and oversees construction activities in support of the new Air Mobility Command mission. Sergeant Click is a highly ambitious member of the 52nd FW and a role model.

**Off-duty volunteerism and professional development pursuits:** Sergeant Click is a proud supporter of the Top 3 program and actively participates in the program's sponsored activities including the SNCO Induction Ceremony and the Wing Annual Award Banquet. She is a member of the Eifel Parent's Involvement Committee and is also a course instructor for the NCO Professional Development Seminar. She has completed a Federal Aviation Administration airport certification course.

**What do you do for fun?** I love sightseeing and enjoying the outdoors.

**What do you like most about being stationed here?** It's wonderful to travel to so many different countries.

**What's one thing you'd like to see changed or improved at Spangdahlem Air Base?** I'd like to see more quality of life facilities such as an outdoor and indoor pool.

## Hidden Heroes aid in 'Field Day'

### Staff reports

The following "Hidden Hero" volunteers generously offered their time and effort during Spangdahlem Middle School's annual "Field Day" June 15. The day allows SMS students to engage in sports and other activities.

Maj. James Costey; Capt. Matthew Albright, 1st Lt. Reese Rini; Senior Master Sgts. Keith Brown, John and Sheila Zgonina, Master Sgts. Renea Crawford, Sharon Fleming, John Rozell, Margaret Santamaria, Timothy Schneck, Robert Thomas, James Turro, Tech. Sgts. Kimberly Adams, Lisa Claxton, Craig Clark, Charles Denman, Troy Ferguson, Rudy Lara, Martin Okulski, Roxanne Porter, Audrey Ripper, Daniel Robinson, Warren Trolio, John Walk, William Aronowitz and Darryl Williams; Staff Sgts. Davina Armbruster, Ashley Aronovitch, Timothy Beers, Kawana Blandburg, Sarah Charles, Joshua Conder, Karen Cullen, Jason Dato, Craig Domko, Shella Duque, Shawn Fraley, Dejon Franklin, Mendi Graham, Jennifer Grant, Jason Gonzalez, Rosemarie Goodwin, Nathan Gurwell, Tina Howe, Naquestia Johnson, Lyndi Johnston, Jordana Jordan, Mark Kalina, Jason Keiffer, Jennifer Leblanc, Larry Leblanc, Nate McCombs, Eric Nave,

Rebecca Nye, Ryan Oliver, Sarah Ortega-Russell, Eric Ozburn, Wantia Pede, Robert Peterson, Renish Pool, Antwyon Smith, Rikkie Spans, Luke Wallins, Genesse Williams and Jose Ybarra; Senior Airmen Eric Backy, Chenika Baker, Christopher Brown, Brandon Bunche, Anicka Edwards, Michael Farrugia, Julianne Flores, Michael Furse, Steven Haro, Ryan Ihnken, Karen Knight, Joshua Long, Morgan Francis, Rob Peterson, Stephen Price, Timothy Rohrback and Ricky West; Airmen 1st Class Jennifer Brocious, Richard Didio, Evan Hergott, Joshua Hite, Matthew Hodges, Luke Jennings, Matthew Levesque, Melanie Middlebrooks, Michael Osburn, Debra Overly, Jennifer Peterson, Jamashia Pettigrew, Daniel Sera, Jessica Sera, Brian Spugnardi, Gregory Stansel, Benjamin Tworek, Ruth Vaughan, Alan Vega, Kory Weaver, Daniel Wiggins and Jamie Wells; Airmen Andre Golden, Jennifer Hurt, Amanda Johnson, Jose Obergon, Stephen Perakes, Jessica Piotrowski, Marcos Rici, Bryce Schubert and AJ Wheatman; civilians Meredith Costey, Eric Armbruster, Patty Clark, Simeone Crosby, Rick Graham, Debbie Hornback and Aron Knight.

## Eifel Salutes

### 52nd Mission Support Group

Batman, send a salute to **Robyn Berner**, who has trained more than 300 active-duty and civilian employees, upholding the notion that education and training are the keys to employee development.



evaluator team duty, pecking away discrepancies during four operational readiness exercises and two Saber strikes, leaving little for the USAFE Inspector General to feast on. It's all in the delivery for **Tech. Sgt. Brent Guidry**, **Staff Sgt. Nathaniel Law** and **Senior Airman**

### 38th Munitions Maintenance Group

In life and on paper, **Senior Airman Julio Galvan** is worthy of a salute for superior processing of enlisted performance reports, decorations and travel vouchers with expedience and accuracy. The "Duke of Roadside Hazards" is **Staff Sgt. Jason McIntyre**, who, while driving back to Kleine-Brogel AB, Belgium after an Airman Leadership School graduation here, noticed a van with a flat tire alongside the highway. Sergeant McIntyre and another Air Force member took the next exit to turn around and assist the stranded woman.

### 52nd Operations Group

The 23rd Fighter Squadron boasts a fleet of wingmen: **Cpts. Jim Gump, Chris Moeller, Jeremiah Reed, Dave Jones** and **1st Lt. Brian Kellam** accomplished a majority of the mission planning to get the squadron successfully launched and safely flying during the Operational Readiness Inspection. **Capt. Jon Shultz** also moved mountains to get the 23rd FS ready for the ORI.

### 52nd Maintenance Group

The **52nd MXG Quality Assurance "Buzzards"** performed maintenance exercise

**Heather Firth**, who were recognized as outstanding performers for their expedient delivery of munitions during March's Phase 1/2 exercise. Salute? Precisely. **Airman 1st Class Kurt Ryder** is a precision guided munitions maintenance crew member who inspected facility ground systems for the Department of Defense explosive safety board and garnered "best seen to date" inspector comments. We sense the need to salute the **Improved Avionics Intermediate Shop and Sensor Team**, who rallied to the call when the accidental activation of a fire suppression system soaked two F-16s last month. The section inspected, cleaned, and verified functionality of more than 50 avionic components in a 24-hour period.

### CDC stars

The following individuals earned scores of 90 percent or higher on their career development course examinations. **Staff Sgt. Daniel Wolf**, 52nd Civil Engineer Squadron, 95; **Senior Airman Harry Pauly**, 52nd Component Maintenance Squadron, 91; **Airman 1st Class Jonathan Griffith**, 52nd CES, 93.

*Kudos to all; Team Eifel salutes you!*

(Compiled by Senior Airman Amaani Lyle, 52nd Fighter Wing Public Affairs Office)



Courtesy photo

## Top Saber Team

**Unit Name:** 52nd Operations Support Squadron Airfield Management section  
**Description of Unit Responsibilities:** AM maintains a safe, usable airfield environment for all local and transient aircraft by effectively managing airfield activities and ensuring efficient aircraft operations.

**Number of Members:** 11

**How does the team fit into the 52nd Fighter Wing's Mission?** AM ensures Spangdahlem AB has a usable airfield, directly contributing to the combat mission of the 52nd FW and the Air Force. As maintainers of the gateway to the skies, the AM team actively manages daily airfield activities including construction and repair projects, while providing flight planning support to wing and transient aircrews. This team is on the front lines of enabling war fighters to project superior combat power.

**Team's other contributions through the year?** From maintaining the flightline driving program to directing snow removal operations, the AM team is involved in all activities encompassing airfield operations. They are among the first personnel to respond to aircraft emergencies and are proactive to ensure flight clearances are properly filed for aircrews flying through foreign airspace. All airfield construction projects are coordinated through AM. To ensure flight safety is not compromised, the team issues notices to Airmen to advise aircrews of potential hazards. This team always shines as it maintains the most critical portion of Spangdahlem AB's real estate.



# Sabers enjoy 'BASHing' good time at 2005 fest

Military, local nationals, gather  
at Bitburg Annex for 49th annual  
Big Annual Summer Happening



A BASH visitor tosses a ping pong ball in hopes of winning a German stein. Ball and ring tosses, dart throwing and even a jalapeno-eating contest were among the games and contests that participants enjoyed at the gala on the French Kaserne. Though Mother Nature threw a few curveballs during the long weekend, bouts of rain didn't stop die-hard visitors -- even on a roller coaster ride that squirted about a half-gallon of water on screaming thrill seekers.



Photos by Airman 1st Class Kristin Ruleau

Above, Spangdahlem Air Base family members felt the "need for speed" on one of several large rollercoasters featured at the 2005 BASH on Bitburg Annex. Inset, BASH visitors engage in some "friendly" collisions on the bumper car rides. Those with weaker stomachs could enjoy the festival's less jostling sources of entertainment such as salsa dancing, country line dancing, "Making the Act" live talent shows, live martial arts presentations and more. The BASH flea market featured hundreds of unique items from around the world, and shoppers who worked up an appetite could sample everything from funnel cakes to spareribs to currywurst.



Left, even the tiniest tykes could partake in the fun offered at the BASH. A young visitor sucks on a pacifier while "driving" a firetruck at the four-day festival.

## International affairs cadre to build global relations

By Tech. Sgt. David A. Jablonski

Air Force Print News

WASHINGTON -- Air Force officials began training more than 100 officers in April to become international affairs specialists in a managed secondary career path.

Ultimately, as many as 3,000 officers will form a pool of experts in regional, political and military affairs who will advise combatant commanders worldwide, officials said.

The first group of field grade officers selected this summer will enter formal training in the summer of 2006.

The following year, Air Force officials will select and train more than 150 officers, then 210 each year until a pool of 2,500 to 3,000 specialists is filled, officials said. The goal is to use that pool to fill about 650 positions with reoccurring requirements.

"The international affairs skills set is viewed as core competencies in the military," said Col. Robert Sarnoski, Air Force international Airmen division chief.

"They're just as important as the weapon systems we field today."

The Air Force's initiative enhances expeditionary capability by developing regional and international expertise, cultural sensitivity and language skills allowing Airmen to build, sustain or enhance relations with international partners.

Colonel Sarnoski, a former defense attaché in Bangkok, Thailand, who is fluent in Thai, put his skills to use following the Sept. 11 attacks by helping Thai officials integrate into operations Iraqi Freedom and Enduring Freedom coalition forces.

"Senior leaders have asked for this program because they want and need officers with political-military experience," Colonel Sarnoski said.

The new program is tied directly to the new force-development program. Selected officers may receive additional university education, language training and cultural immersion to prepare them for the positions they will fill in the field, officials said.

Officers will be designated on one of two secondary Air Force career tracks -- the regional affairs strategist or political-military affairs strategist.

Regional affairs strategists will advise commanders and senior leaders on regional issues, interacting with foreign counterparts to work political-military issues and develop reliable international relationships, developing aspects of operational and contingency plans, and working security cooperation initiatives to enhance international relationships.

Political military affairs strategists have similar duties, but these positions need international political-military expertise without necessarily requiring language skills.

"The career path complements an officer's overall career development with international affairs experience that contributes to success in the primary career field," said Bruce S. Lemkin, deputy undersecretary of the Air Force for international affairs. "We need officers with these skills in our expe-

ditionary air and space force, leading our regionally focused missions and contingency deployments and successfully interacting with our allies, friends and partners around the world."

Officers with a strong track record and in-depth understanding and experience in Air Force operations, doctrine and strategy will be selected at the seven- to 12-year point of their career for these opportunities, officials said.

Air Force officials said they will highly consider officers with operational and maintenance backgrounds, as well as those with previously developed international skills.

"A key aspect of this program is balancing between the IAS career path and the officer's primary career specialty," Mr. Lemkin said. "Consistent with the Air Force's force-development concept, we are committed to keeping these officers proficient and competitive in their primary career field while making them international affairs experts."



Col. Dave Goldfein.....Commander  
Capt. Thomas Crosson.....Public affairs chief  
Capt. Mike Cumberworth.....PA deputy  
Tech. Sgt. Pamela Smith.....PA NCOIC  
Senior Airman Amaani Lyle.....Editor  
Senior Airman Eydie Sakura.....Staff writer  
Iris Reiff.....Leisure writer

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Accessing Direct Line

The Direct Line program is a  
way to get answers to questions  
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Direct Lines of general interest  
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Unit 3680 Box 220, APO AE  
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- To PA in building 23.
- Concerns may also be sent  
via fax to 452-5254.

Anonymous inputs are  
accepted. To receive a personal  
response you must include your  
name and phone number. Call the  
Eifel Times at 452-5244 for more  
information.



Col. Dave Goldfein

June  
Sortie  
Scoreboard

Aircraft	Goal	Flown	Delta
22FS	289	312	+23
23FS	230	238	+8
81FS	248	250	+2

\*Delta is contract vs. sorties flown to date.

Through June 30

Courtesy of the  
52nd Operations Support Squadron  
Plans and Scheduling Section

# Viewpoint

July 8, 2005

Page 5

## Bravery

# Squadron CC cites courage as hallmark of effective leadership during war, peace

By Lt. Col. John Specht  
23rd Fighter Squadron commander

Ask someone about courage and you will likely conjure up thoughts of heroic individuals stepping through landmines or soldiers jumping on grenades to save a buddy's life amidst a hostile firefight.

More often than not, courage is associated with combat. Webster defines courage as "that quality of mind which enables one to encounter danger and difficulties with firmness, or without fear or fainting of heart."

While the "peacetime" leader may not encounter danger on a daily basis, he or she likely encounters difficulties and tough decisions frequently enough that a bit of courage is necessary in order to be successful.

Think about the courage required to give feedback that is honest and frank. It's easy to tell a subordinate that they are "doing just fine," but what if they aren't?

What about the peer who has become our good friend? What do we say to them when they need to hear that they do not meet standards? It takes courage to look someone in the eye and tell them how they really stack up.

One thing I love about debriefing in the fighter pilot community is the brutally honest feedback that occurs in a flight debrief.

There is no sugar coating performance in these venues, but providing similar feedback outside of a debrief environment can certainly take some courage.

**A courageous leader provides unwavering support to their supervisors and commanders.**

Think about how extraordinarily difficult it is to fire someone who works for you. Simply put, it takes courage to look someone in the eye and tell them that they are fired because they do not meet standards.

What we do with that person after they have been fired also takes courage. It is easy to move them out or move them over, but do we have the courage to make the tough call on their performance report? Is it fair to your top performers to get a performance report that reads essentially the same as that of someone who failed in your organization?

Leaders lack courage when they fail to write accurate performance reports because they do not want to "ruin the careers" of their subordinates.

There are many times that leaders will have to rack and stack the individuals that work for them. It is easy to pretend that everyone is number one or in the top third.

However, it takes courage to look your subordinates in the eye, particularly those who give you 110 percent, and tell them that they are average, or even below average. Simply put, sometimes providing an honest assessment takes courage, even if the assessment is completely accurate.

This is particularly true when the assessment will have an adverse affect on the individual's

## Service

# Customer College mission makes people priority

By Rebekah Sword  
52nd Services Squadron

No one would question that the Air Force mission is top priority for military and civilian personnel working at Spangdahlem Air Base.

However, we cannot accomplish our jobs without customer service personnel providing the tools and services needed to complete our mission. Too often we get caught up in the daily tasks of our jobs and forget that to serve others is the nature of our Air Force, whether it's serving our country, our coworkers, subordinates or on the front lines of customer care.

It was with that in mind that Gen. Robert H. "Doc" Foglesong, U.S. Air Forces in Europe commander, initiated "Customer College."

Developed in November 2003 and implemented across the command, the program's main goal is to deliver the training, resources, tools and initial skills required for outstanding customer service.

To date, Customer College has trained 547 military and civilian personnel. Not only do these fully trained, customer-focused people go back into Spangdahlem AB's service areas, they also make a positive and long-lasting contribution to the Air Force way of life.

Customer College students spend four days concentrating on the benefits of exceptional service, the development of communication skills, positive interaction with a variety of customers, interpersonal relationships and team building.

This course increases awareness of the need and benefits of providing exceptional customer service.

The initial level of training is a four-day course intended for front-line customer service providers and their supervisors whose main duties involve service to both internal and external customers of their organization.

Phase I students enjoy a fun-filled, active class with plenty of class participation exercises and videos focused on providing exceptional customer service.

The next level of training is available to customer service supervisors who completed the first level of training and whose scope of responsibility includes supervision of three or more front-line service providers.

Most Phase II students are junior to mid-career NCOs, officers and civilian supervisors whose leadership directly affects the quality of service provided by their organization.

assignment or promotion opportunity.

Ever admitted that you were dead wrong on an issue? It takes courage to stand in front of your boss, take responsibility for the failures of your organization, and inform him or her that your decision was wrong.

A courageous leader makes this assessment, listens to the advice of others, and is willing to change course in order to achieve success.

Finally, a courageous leader provides unwavering support to their supervisors and commanders.

While it takes courage to respectfully tell your boss that you disagree with his or her policies, actions, or decisions, it takes even more courage to support their decisions and leadership once you are no longer behind closed doors.

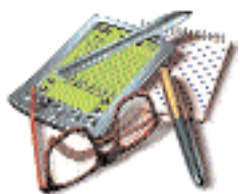
It takes courage to sell your boss's plan and to solicit unwavering support for it. Leaders will often have to make unpopular decisions in their organizations.

Ultimately, however, their success rests largely with the courage displayed by the unit's supervisors and their willingness to solicit the support of the squadron's members.

Being a courageous leader in peacetime will not earn you a purple heart. It will, however, strengthen your organization, ensure the promotion and assignment systems remain fair and relevant and provide our senior leadership with the support they deserve.

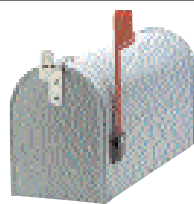
Remember, being a good leader entails making tough decisions and doing so will, undoubtedly, require a bit of courage along the way.





## Community Mailbox

Submit "Community Mailbox" advertisements 10 days before the desired publication date to publicity@spangdahlem.af.mil.



### Gas station hours

Effective immediately, the Bitburg Annex Gas Station's new hours are Mondays through Saturdays from 6:30 a.m. to 8 p.m. and Sundays from 9 a.m. to 8 p.m. For more information, call Rosie Schmitz at 452-9065.

### Elite summer program

Starting Monday, the Spangdahlem AB School Age Program introduces the "Elite Summer Program" for youths ages 12-14. ESP offers field trips and such programs as art, drama, music, sports in the Spangdahlem Youth Annex starting Monday and taking place each weekday through Aug. 26 from 9 a.m. to 4 p.m. Cost will vary dependent on family income and ranges between \$40-83 per week per child. For more information, call Jim Dugan at 452-7546.

### Technology exposition

A technology exposition takes place here July 14 from 10 a.m. to 2 p.m. at Club Eifel. All wing members are invited to attend. Exhibitors will demonstrate the latest in wireless communications, optical networks, digital imaging solutions and more. Visit [www.ncsi.com](http://www.ncsi.com) for details.

### Operation Homecoming

World War II Medal of Honor recipients will tell stories of combat as performed by Stephen Lang in a one-man play, "Operation Homecoming: Beyond Glory." The performance features first-person accounts of those who received the nation's highest military distinction. The play is a free event that starts at 7 p.m. today. Call the Spangdahlem AB Eifel Community Center at 452-7381 for details.

### FSC closure

The Bitburg Annex Family Support Center is closed until Monday. Also, the Bitburg Annex Airman's Attic isn't accepting donations throughout the closure. Sabers must not leave donations at the door because doing so creates security, safety and fire hazards. Donations can be dropped off at the Spangdahlem AB FSC Mondays through Thursdays from 8 a.m. to 4 p.m. Donations can also be given to Penny Lane thrift shop Tuesday through Thursday from 11 a.m.



Tech. Sgt. Pamela Smith

### Operation Amphibian

Jacky Bitting, spouse of Master Sgt. James Bitting, 52nd Communications Squadron, and their daughter, Selina, 10, assisted the 52nd Civil Engineer Squadron in relocating endangered frogs, toads and newts June 28. The Hidden Hero volunteers helped move species to their new homes since the animals' habitat was near a construction site.

to 5 p.m. in Spangdahlem AB building 421.

### AA for youth

Alcoholics Anonymous meetings for Airmen and youth take place each Wednesday from 6-7 p.m. in Bitburg Annex building 2015, beginning July 13. Call 01609-9720190 in for more information.

### Olympic Tuesday

People can participate in Olympic Tuesday each week in August at 6 p.m. in the Brick House. Events include Bingo for Points Aug. 2, a Suitcase Relay Race Aug. 9, Banana Pong Race Aug. 16, Believe It or Not Jeopardy on Aug. 23 and a Freeze Out contest Aug. 30. Players earn points toward bronze, silver and gold awards for the Brick House wall of fame. For more information, call Kim McElfresh at 452-7381.

### Life skills classes

Family advocacy offers the following classes. Registration is required.

- Anger management -- four consecu-

tive Tuesdays, start date is to be determined. Classes are from 9-10:30 a.m. in Spangdahlem AB building 161. Call Richard Kuyper at 452-8279 for details.

- Art of relationship -- a couples communication workshop, takes place July 7 and 14 from 2:30-4:30 p.m. in Bitburg Annex building 67. For more information, call Michele Linnen at 452-8279.

- Passport to parenthood -- July 27 from 1-4 p.m. in the Spangdahlem AB Family Support Center. For more information, call 452-8279.

### Etiquette classes

A four-week etiquette basics course for youth takes place July 12 and 19, and Aug. 2 and 9 from 6-7:30 p.m. in Bitburg Annex building 2012. Classes last 1.5 hours each and cost \$70. Call the community center at 452-7381 to register.

### Poetry club

A new poetry club meets each Friday at 6:30 p.m. in Bitburg Annex building 2012, beginning July 15. Club activities include reading, exchanging and discussing private and published works. Call the community center at 452-7381 for details.

## Chapel Services

### Vacation bible school

People can register their children now for Vacation Bible School scheduled Monday through Friday from 9 a.m. to noon at the Spangdahlem AB religious education facility, building 139. VBS is for children between 4 years old and the sixth grade. This year's topic is "Serengeti Trek: Where Kids Are Wild About God." For more information or to register, call the Spangdahlem AB Chapel at 452-6711.

### Coloring contest

The 52nd Fighter Wing Chaplain Service Chapel Resource Center sponsors a coloring contest for children ages 3-5 and 6-9. Pictures can be picked up at the CRC at Spangdahlem AB, building 139 through Monday. Winners will be announced July 15. Call the CRC at 452-2201 or the chapel.





**July 17**  
11 a.m. - 8 p.m.

## SUNDAY GRAND OPENING

### MEGA SPORTS CHALLENGE 12-4 P.M.

**We will have great specials, games, and prizes. Bring out the whole family!**

**Food specials to include:**  
Quick Bite Family Deal - \$19.95  
All New Ice Cream Brownie - \$1.95  
World's Greatest Mozzarella Sticks - \$3.50  
Wear a shirt from your favorite sports team and get \$1 off Macho Nachos.  
Kids wearing their youth basketball, soccer, baseball, football jerseys or cheerleading uniform get a scoop of ice cream for free! (While supplies last.)

<b>Games to include:</b> Sports trivia Mini golf Soccer shoot D.J. jock jams Rockers bowling	<b>Prizes to include:</b> Free meal coupons for J.R. Rockers Free golf cart rentals Free bowling center coupons Free meal at Taco Bell and much more!
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THE BEST SCORES OF THE GAMES WILL BE ENTERED INTO A DRAWING FOR A STEPHEN DAVIS SUPER BOWL JERSEY TO BE HELD AT 3 P.M.



## Der Markt

### Free classifieds policy and submission deadlines

Der Markt is for the personal resale of items by military and civilian employees and their families. Items such as advertisements for rental property won't be published due to funded paper restraints. Ads should be 35 words or less and customers are limited to no more than two ads per week. Ads must be typed or printed legibly and turned into the public affairs office, building 23, at least **10 days before the desired date of publication**. Ads can also be e-mailed to publicity@spangdahlem.af.mil or sent via fax to 452-5254. Having ads in by deadline does not guarantee publication. Ads for services generating regular income will not be published. The ads must include the sponsor's name and telephone number. Ads not meeting these requirements, including those exceeding the designated word limits, will not be printed. The Eifel Times staff reserves the right to edit ads.

### Vehicles

2003 VW Jetta GLS 1.8T, 5-spd., sport package, charcoal color, loaded, leather heated seats,

sunroof, spoiler, tinted windows, Monsoon sound system, AC, \$20,500 OBO. Call Justin Wood at 06561-670873 or e-mail at

[jswood24@yahoo.com](mailto:jswood24@yahoo.com).

2001 Chevy S-10 pickup, 4-cyl, 5 spd., 11,500 miles, soft tonneau bed cover, CD, A/C, sliding rear window, 26 MPG in

the Eifel, \$8,700 OBO. Call John at 452-2087 or 01511-555-0106 evenings and weekends at 06553-2829.

1998 Grand Voyager SE, 111,000 miles, PW, PS, tinted glass, AC, 7-seat-ing capacity, \$6,500 OBO. Call 06563-962669.

1996 Ford Windstar GL, 100,000 miles, privacy glass, rear AC, \$3,850 OBO. Call 0175-9144642.

1995 VW POLO 6N, orange, 197,000 kilometers, four summer and four winter tires, \$3,000.00 OBO. Call Karl at 452-9503.

1994 Mitsubishi Pajero 4x4, 5-spd., PW, PL, sunroof, \$4,000. Call 06565-955666 or 452-6327.

1993 BMW 316i, Euro specs., 5-spd., 194,000 kilometers, sunroof, winter tires, avail. at end of July, \$3,400. Call 06563-962250.

1992 Mazda 323, 4-dr, 5-spd., \$2,100 OBO. Call 0175-512-9513 or e-mail aaron.conant@spangdahlem.af.mil.

1988 Volvo 740 GL, euro specs., 5-spd., 208,000 km, CD, PW, new brakes, recently passed inspec. in May, available at the end of July, \$1100 OBO. Call Chris Grey at 06565-933050

1986 Mazda 323, 5-spd., 125,000 kilometers, new radiator, water pump, thermostat, battery, CD, \$900. Call Ryan at 452-6562 or

06561-694530 after 6 p.m.

### Motorcycles

1998 Honda shadow ACE VT750, black, windshield, saddlebags, driver's and passenger backrests, 50-60 MPG, includes two helmets, riding jacket, \$4,500.00. Call Thomas Van Horn at 452-9494 or 0175-4271008.

### For sale

80's brown tweed three-seat couch, w/two slip-cover, \$30; Euro-twin mattress; \$25 OBO, in non-smoking household. Call Jenn at 452-6012 or 06565-934233.

2000 watt transformer, \$80, 110-volt 20-in. television w/ remote, \$30, 220-volt 800-watt Sharp

Microwave, \$20. Call Chris Grey at 06565-933050.

Kathy Ireland walking treadmill, \$80; boys' bedroom set w/ twin bed, dresser, desk w/chair, dressing table and mattress, \$125; car seat, best offer. Call 06563-962669.

Nintendo Game Cube w/ memory card, NFL Street, LOTR: The 3rd age, Tony Hawk's Underground 2, Sims in the City, Freestyle Metal X, Rayman Arena, NHL 2005, \$180 OBO; Clear Game Boy Advance with Super Mario- Super Mario Advance 2, Rayman, and Monsters, Inc., \$70 OBO. Call 0160-4934670.

HP PSC 500 w/ three

new ink cartridges, printer/scanner/copier, can fax w/ comp. program incl., comes w/ all software/hardware, 110V/220V/ 50/60 HTZ, photo program included two new color carts, new black cart, \$90 OBO. Call Tiffany or Roger at 06562-966886.

### Wanted

Looking for someone in the Orenhofen area to keep a 3 yr. old (in my home or in yours) from 6-7:30am and then take to German kindergarten in Orenhofen. Pay is negotiable. Please call Amy Kiger at 06580-913127 if interested.

AFN satellite receiver with dish in good condition. Will pay fair price. Call Shawn or Claudia at

06505-910132 or 0151-15284079.

Small 220-volt freezer, \$45; L-shaped natural computer desk w/ two matching book shelves, \$150; Oak three-drawer dresser and desk, \$70; Little Tykes desk w/ chair, \$20; Large dog carrier, \$15; Buzz Lightyear and Woody twin and full comforters, curtains. Call 06565-955666 or 0160-95276674.

Role-playing gamers seeking others to game with. Games are Seventh Sea (d10), Vampire, Warhammer Fantasy Battles, Babylon 5 and more. Call Michelle or Andreas at 06573-952878.



## Movies

The following movie listings are for today through July 14. Times and movies are subject to change. For current information, call 06565-61-9441 or 452-9441. Movie synopses are available at [www.aafes.com/ems/default.asp](http://www.aafes.com/ems/default.asp).

### Spangdahlem Skyline

Today

*The Longest Yard* (PG-13, 7 p.m.)

Paul, a revered football superstar back in his day, is involved in a drunk driving incident and lands in jail. He has to assemble a team of convicts to square off in a big football game against the guards. With the help of fellow convict Caretaker and an old legend named Nate to coach, Paul is ready for what promises to be a very interesting game.

*The Interpreter* (PG-13, 10 p.m.)

Silvia alleges that she has overheard a death threat against an African head of state. In an instant, Silvia's life is turned upside down as she becomes a hunted target of the killers.

Saturday

*The Hitchhiker's Guide to the Galaxy* (PG, 7 p.m.)

Earthman Arthur Dent is having a very bad day. His house is about to be bulldozed, he discovers that his best friend is an alien and to top things off, Planet Earth is about to be demolished to make way for a hyperspace bypass. Arthur's only chance for survival: hitch a ride on a passing spacecraft.

*The Longest Yard* (10 p.m.)

Sunday

*The Hitchhiker's Guide to the Galaxy* (4 p.m.)

*The Interpreter* (7 p.m.)

Monday

*The Hitchhiker's Guide to the Galaxy* (7 p.m.)

Tuesday

*The Longest Yard* (7 p.m.)

Closed Wednesday and Thursday

### Bitburg Castle

Today

*Amityville Horror* (R, 7 p.m.)

A family is terrorized by demonic forces after moving into a home that was the site of a grisly mass-murder.

Saturday

*Madagascar* (PG, 4 p.m.)

Spoiled by their upbringing with no idea what wild life is really like, three animals from New York Central Zoo escape in search of their friend and find themselves en route to Madagascar.

*A Lot Like Love* (PG-13, 7 p.m.)

Oliver and Emily each declare they couldn't be more wrong for each other. As they struggle with their different partners, careers and breakups, they turn from casual acquaintances into trusted friends. As they each search for love, it isn't long before they figure out that maybe what they really have is something ... a lot like love.

Sunday

*Madagascar* (4 p.m.)

*A Lot Like Love* (7 p.m.)

Closed Monday and Tuesday

Wednesday

*Amityville Horror* (7 p.m.)

Thursday

*Madagascar* (7 p.m.)

## Salsa, Samba, Reggae

# Bitburg hosts dance troupes at 41st European Folk Festival

By Iris Reiff

52nd Fighter Wing Public Affairs Office

Team Eifel members can get a taste of European and international culture in Bitburg this weekend during the town's 41st European Folk Festival beginning today at 8 p.m. in the festival tent on Beda Platz, on Petersplatz and in the Am Spittel area.

About 35 groups from 14 different countries will come together in Bitburg this weekend and present traditional dances and music on behalf of their countries. More than 1,000 participants will come from Europe, Korea, Cuba and Mexico.

Throughout the festival, people can see dance performances in various spots around town, with the majority of events to take place in the festival tent. There will be a beer barrel rolling contest Saturday at 2:30 p.m. on Trier Strasse. Various teams, including members from the base, will compete against each other.

All international folk groups will march into the tent and assemble for dancing performances Saturday at 8 p.m. People must arrive early to find good seating inside the tent, and there is an entry fee.

Another highlight of the festival takes



Courtesy photo

**Dancers from across the globe descend on Bitburg for the 41st annual European Folk Festival this weekend. People can take part in the international festivities all weekend to experience food, music and dance.**

place Sunday at 2:30 p.m. when the groups will parade through the streets of the city.

A Caribbean Evening is scheduled for Sunday at 8 p.m. inside the tent. On the schedule are Salsa, Samba, Reggae, Merengue and Limbo music and dances.

Entertainment will be provided by the Latin-American Dance and Show Band.

People can learn the first steps of Latin-American dancing with Rafael Gonzalez - the Maraguan folk group from Cuba.

The event ends with more dances throughout Monday and entertainment inside the tent in the afternoon and evening.

For more information about the festival go to [www.Bitburg.de](http://www.Bitburg.de).



## Out and About



*(Editor's note: Event dates and times are subject to change. To confirm event details, call the telephone information office at 11833 and ask for a number to the tourist office in the town the event takes place. For event tickets, call the Press-Center Trier at 06511-459930, the Trier Tourist Information Office at 06519-780822 or the Trier Ticket Service at 06519-941188, unless specified otherwise.)*

♦ Trier will celebrate its annual Zurlauben Mosel Festival with a giant fireworks display, food and entertainment along the Mosel shore **today** through **Monday**.

♦ Sign up now to participate in the second annual German-American Friendship Run of Binsfeld **Sunday**. The event fea-

tures a 400-meter bambini run, a 1.7K run for children ages 14 and below; and a 5K and a 10K run or walk for adults and seniors. People can register on the Web site at [ortsgemeinde.binsfeld@t-online.de](http://ortsgemeinde.binsfeld@t-online.de), or via fax at 06575-95882. An information flyer in English can be found on the mentioned Binsfeld Web site. Go to Vereine (associations) Sportverein (sports association) and Volkslauf (run).

♦ Visit local flea markets **Sunday** in the Bitburg Beda market square; in front of the Schweich Edeka Center; at the Trier Messepark grounds, located below the third Mosel bridge; at the Traben-Trarbach Mosel wine festival; along the St. Goarshausen Rhine promenade; in the Wittlich market square; and in front of the Cochem REWE center market.

♦ The Binsfeld music association is a horn-blowing orchestra which has existed since 1929. Presently, the club has about 20 musicians between age 11 and 70 who practice each Friday night. The association would like to offer its American neighbors, young or old, an opportunity to learn an instrument and become part of a local music association. Many club members speak English, so there is no language barrier. People interested in joining the horn-blowing association should call Markus Benz at 06575-5200.

♦ See a photo exhibition by Elisabeth Speitkamp featuring Eifel scenes. The event takes place **now** through **July 17** at the Bitburg Beda Haus cultural center.

♦ Visit the Schleich wine and street festival **July 16-18**.

♦ Sample wine at the third annual Bitburg wine and champagne gala **July 17** in the center of town.

♦ Enjoy flying demonstrations and a large-scale exhibition and static display of civilian and military aircraft **July 23-24** during the combined Luxembourg-Bitburg airshow in Bitburg. For more information about this event, go to [www.airshow.lu](http://www.airshow.lu).

### Mystical Metz



Gary Sakura

**The Metz Cathedral, built between the 13th and 16th century, is located in north-eastern France, 40 miles from the German border. The Gothic-style church has 70,000 square feet of stained glass windows, which have earned the nickname "Lantern of God." Metz is a 3,000-year-old city, once a Roman settlement in the sixth century.**





Brittany Shaver

## Iron Flight competition

**Master Sgt. James Turro, 52nd Comptroller Squadron customer support chief, runs the last leg of the Iron Flight relay race Thursday for his team. Seven teams competed in the competition, and the 52nd Maintenance Operations Squadron team beat out the other squadrons. Participants earned points in various competitions including the relay run; two-minute push-ups; two-minute sit ups; sit and reach; and Hercules hold. Winning team members were Master Sgt. Roland Santiano, Senior Airman Norama Pan, Airmen Joshua Dennison and Emilissa Pan. The Iron Flight competition takes place each quarter at the fitness center.**



**In order to redeem Extreme Summer game pieces at the base fitness**

**center, print FitPoints by clicking "Workouts" from the FitLinxx online account and then customize the time period to reflect June 1-30, July 1-31 and August 1-31. Each player can earn up to 400 Extreme Summer points each month for fitness activities that are logged into the FitLinxx system. To enroll in FitLinxx, visit [www.combatfitness.org](http://www.combatfitness.org).**

## HAWC says inactivity, large food portions cause of overweight youth in America

Staff reports

Since the late 1970s, the percentage of overweight children six to 18 years old has more than doubled. Being overweight as an adolescent poses great health risks. Those who are seriously overweight as adolescents have a 50- to 100-percent greater mortality rate as young and middle-aged adults.

What was once considered adult-onset diabetes is so common among today's overweight adolescents that it can't be called adult-onset any more.

Researchers view the current trends in children's weight with great concern. Now is the time to try and help the overweight among our youth. Here are some suggestions on how to go about doing it.

### Play ball

Recess and gym class are becoming ancient history. After-school unwinding involves activities with computers and TV instead of bicycles and other active play. Experts generally recommend an hour a day of moderate activity. The key is to make activity fun. Children don't want to be nagged. They want their parents to show them what to do.

Another way to increase activity is to limit television use. Children and adolescents watch an average of almost three hours of TV daily. Video and computer games raise that average to more than six hours a day. The American Academy of Pediatrics urges parents to limit total screen time to no more than two hours daily.

### Jinx on junk food

One of the biggest obstacles is soft drink consumption, which rose 500 percent in the U.S. in the last five years. Sodas pose real difficulties for weight control. Research shows that we don't cut back on other foods to adjust for the extra calories we take in with soft drinks. Gradually choosing more fruits, whole grain cereals or other nutritious snacks, and limiting soft drinks should be the objective.

The mostly plant-based diet recommended by the American Institute for Cancer Research, emphasizing vegetables, fruits, whole grains and beans, can also help with weight control. Only one in five children gets even the minimum recommendation of five fruits and vegetables a day. One goal might be to include several servings of fruit or vegetables in each meal.

### Portion control

Proper portion sizes should also be served. The sizes of food portions both in and out of the home have increased dramatically. We eat substantially more than we need to when given larger portions.

Children and parents say they want specific ideas for good tasting, healthy foods and way to be active outside of team sports. One program to check out can be found at [www.well-point.com/healthy\\_parenting/index.html](http://www.well-point.com/healthy_parenting/index.html). It's called "Healthy Habits for Healthy Kids."

For further information on dietary needs and physical fitness, contact the health and wellness center at 452-7385.

*(Information courtesy of the HAWC)*

## Sports Briefs

### Personal trainers needed

The Skelton Memorial Fitness Center needs qualified, enthusiastic personal trainers to guide individuals to a healthier lifestyle. For more information, call the fitness center at 452-6634.

### Racing series

A cycling club race series begins Wednesday and meets each Wednesday for eight weeks. There will be seven 30 km races and one 40 km race. The team entry fee is \$20. Sign ups begin at 4:30 p.m., and the races start at 5 p.m. For details, call the fitness center at 452-6634.

### Martial arts

Kuk Sool Won is a martial arts system that covers Asian fighting techniques and body conditioning, as well as mental development and traditional weapons training. Classes are held Mondays and Wednesdays from 6-8 p.m., and Fridays from 5-7 p.m. in the Bitburg Annex Fitness Center. For details, call Sean Heard at 452-6193.

### Running club

Get in the running with the running club. They meet every Tuesday at 5 p.m. and hit the streets to stay in shape. There will be 10 races in the season -- nine 5K and one 10K. The cost is \$5 per person. Pre-registration is required. For details, call the fitness club at 452-6496.

### Tai Chi classes

The Health and Wellness Center offers Tai Chi Quan classes Mondays and Wednesdays from noon to 1 p.m. in the HAWC yoga room. Tai Chi is for people interested in inward martial arts, meditation in movement and relaxation. For details, call Klaus van den Boom at 452-7233.

### Fitness center closures

The Skelton Memorial Fitness Center will have limited facility usage July 13-15. The following locations will be closed off for cleaning at 6:30 p.m.:

- ♦ Wednesday, entire fitness center except the cardio area and downstairs area (weight room, women's VIP locker room). Both areas are only accessible through the cardio room entrance. There is no locker/shower room access.
- ♦ Thursday, all downstairs (weight room, conditioning room, women's VIP room, restrooms in lobby)
- ♦ July 15, entire cardio room area including the stretching room, massage rooms and spinning room

### Intramural softball tournament

The Spangdahlem AB softball tournament takes place July 29-31. There is a maximum of four varsity players per team and the cost is \$100. Prizes will be awarded. For details, call Master Sgt. Ken Childre at 452-6655 or Staff Sgt. Chad Jett at 452-7310.

### FitLinxx prizes

Log on to FitLinxx today for a chance to win lots of prizes. Earn at least 15,000 points to win Combat Fitness t-shirts, polo shirts, hats, socks, duffel bags and sweatshirts. Everyone is eligible to participate. People must enter their workouts in FitLinxx, and they can register today at the Web site at [http://spangdahlem.fitlinxx.com/community/hosted/ov\\_spangdahlem.htm](http://spangdahlem.fitlinxx.com/community/hosted/ov_spangdahlem.htm). For details, call the fitness center at 452-6496.

### Bowling tournament

Head over to the Eifel Lanes Bowling Center for the 9-Pin No-Tap tournament throughout the summer. Get a strike by knocking down nine pins instead of 10. The price is \$15 per person and includes shoes. Participants must be at least 18 years old to play. Cash prizes will be awarded to the winners. Sign-up starts at 4 p.m., and bowling begins at 6 p.m. July 15, Aug. 19 and Sept. 16. For more information, call Eric Guth at 452-2695.

## Skelton Memorial Fitness Center's July aerobics, spinning classes

**Monday**, 6 a.m., spinning strength and endurance; 9 a.m., 5 for 2; 11:30 a.m., aerobics strength and endurance; spinning strength and endurance; 3:30 p.m., circuit training; 5 p.m., kickboxing

**Tuesday**, 6 a.m., spinning interval; 11:30 a.m., spinning strength and endurance; 3:30 p.m., Hard Core; 5 p.m., Legs, Abs and Butt (LAB)

**Wednesday**, 6 a.m., spinning strength and endurance; 9 a.m., LAB; 11:30 a.m., aerobics strength and endurance; spinning strength and endurance; 3:30 p.m., circuit training

**Thursday**, 6 a.m., spinning interval; 11:30 a.m., spinning interval; 3:30 p.m., Hard Core; 5 p.m., LAB

**Friday**, 6 a.m., spinning strength and endurance; 11:30 a.m., kickboxing

*For details on classes, call the fitness center at 452-6496.*

**Strength and endurance class description:** Aerobic toning interval sessions with weights. Designed to build endurance while challenging the cardiovascular system. Moderate impact.

**Hard Core class description:** Focuses on core strength training combined with aerobic endurance intervals. People are guaranteed to burn about 500-700 calories in one hour.

**Circuit Training class description:** An endurance class that combines calisthenics and running. Moderate to high impact.

**Kickboxing class description:** Moderate to high impact.

**Spinning class description:** A spinning ride is unique because it allows participants to train independently or to train within a structured class. Riders can establish their own riding intensity level without disrupting the rhythm or tempo of the ride.

**5 for 2 class description:** Five minutes strength training and two minutes of cardio.